

What is claimed is:

1. An electrical box mounting assembly for securing an electrical device to a ceiling comprising:

A) An adjustable mounting bar including:

- 5 i) an inner tubular member having a first rectangular cross section, two ends, a bottom side, and a longitudinal slot extending along said bottom side;
- ii) an outer tubular member having a second rectangular cross section, two ends, a bottom side, and a longitudinal slot extending along
10 said bottom side;
- iii) said first rectangular cross section of said inner tubular member smaller than said second rectangular cross section of said outer tubular member thus enabling said inner tubular member to be received in and slide with respect to said outer tubular member;
- 15 iv) lips surrounding said slots and extending longitudinally along said bottom sides;
- v) said tubular members including an end flange on a first of said ends;

B) an electrical box including a top wall having a top surface;

20 C) a clamp including;

- i) a flat bar disposed within said inner tubular member and resting on said lips;

- ii) an outer clamping member secured to said top surface of said electrical box;
- iii) outer clamping fasteners connecting said outer clamping member to said flat bar, said outer clamping fasteners adapted to secure said electrical box to said adjustable mounting bar and lock said adjustable mounting bar to a fixed length;
- iv) receptacles in said outer clamping member;

D) temporary fastener storage receptacles including:

- i) a first temporary storage receptacle on said first end of said tubular members; and
- ii) two or more second temporary storage receptacles in said top wall of said electrical box;

E) prepackaged fasteners including:

- i) a bar fastener secured in said first temporary storage receptacle; and
- ii) a device fastener secured in said second temporary storage receptacle;

whereby said adjustable mounting bar is adjustable in length to span between two adjacent overhead joists, said bar fasteners are capable of being removed from said first storage receptacles and inserted through said flanges and into said joists to secure said electrical box mounting assembly to said joists, and said device fasteners are capable of being removed from said second

storage receptacles and inserted in said receptacles in said flat bar to secure said electrical device to said electrical box mounting assembly.

2. The electrical box mounting assembly of claim 1 wherein said first rectangular
5 cross section of said inner tubular member includes side portions and said bottom side of said inner tubular member is at a non-oblique angle to said side portions.

3. The electrical box mounting assembly of claim 1 wherein said second rectangular
cross section of said outer tubular member includes side portions and said bottom side of
10 said outer tubular member is at a non-oblique angle to said side portions.

4. The electrical box mounting assembly of claim 1 wherein said lips include a top surface.

15 5. The electrical box mounting assembly of claim 4 wherein said top surface of said lips is smooth.

6. The electrical box mounting assembly of claim 1 wherein said flat bar is constructed of steel.

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7. The electrical box mounting assembly of claim 6 wherein said flat bar is at least 0.120 inch thick.

8. The electrical box mounting assembly of claim 1 wherein said tubular members are formed of steel.

9. The electrical box mounting assembly of claim 8 wherein said tubular members are
5 at least 0.038 inch thick.

10. The electrical box mounting assembly of claim 1 wherein said end flanges are at a 90 degree angle to said tubular members.

10 11. The electrical box mounting assembly of claim 8 wherein said end flanges are of equal lengths.

12. The electrical box mounting assembly of claim 1 wherein said bar fastener is a self-tapping machine screw no smaller than a #10 and no less than 1 inch in length.

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13. The electrical box mounting assembly of claim 1 wherein said device fastener is no smaller than a #10 and no less than 2.5 inches in length.

14. The electrical box mounting assembly of claim 11 wherein said end flanges
20 include apertures for receipt of said bar fasteners.

15. The electrical box mounting assembly of claim 1 wherein said first temporary storage receptacles are apertures in said tubular members.

16. The electrical box mounting assembly of claim 1 wherein said second temporary storage receptacles are threaded bores in said top wall of said electrical box.

5 17. The electrical box mounting assembly of claim 1 wherein said end flanges include an inner face and a V-shaped tab bent from said inner face such that said tab can be hammered outwards to temporarily secure said adjustable mounting bar to adjacent overhead joists.

10 18. The electrical box mounting assembly of claim 1 wherein said electrical box includes side walls and a bottom edge on said side walls.

15 19. The electrical box mounting assembly of claim 18 wherein said electrical box includes bent over portions extending from said bottom edge of said side walls, said bent over portions having alignment apertures therein, said alignment apertures being in vertical alignment with said receptacles in said outer clamping member.

20 20. The electrical box mounting assembly of claim 1 wherein said receptacles in said outer clamping member are threaded bores.

21. An electrical box mounting assembly for securing an electrical device overhead comprising:

A) An adjustable mounting bar including:

- i) an inner tubular member having a first rectangular cross section, two ends, a bottom side, and a longitudinal slot extending along said bottom side;
- 5 ii) an outer tubular member having a second rectangular cross section, two ends, a bottom side, and a longitudinal slot extending along said bottom side;
- 10 iii) said first rectangular cross section of said inner tubular member smaller than said second rectangular cross section of said outer tubular member thus enabling said inner tubular member to be received in and slide with respect to said outer tubular member;
- iv) lips surrounding said slots and extending longitudinally along said bottom sides;
- v) said tubular members including an end flange on a first of said ends;
- 15 B) an electrical box including a top wall having a top surface and two oversized openings;
- C) a clamp including;
 - i) a flat bar disposed within said inner tubular member and resting on said lips;
 - 20 ii) an outer clamping member secured to said top surface of said electrical box;
 - iii) outer clamping fasteners positioned inside said oversized openings and connecting said outer clamping member directly to said flat bar

- to clamp said lips together and to lock said adjustable mounting bar to a fixed length; and
- iv) receptacles in said outer clamping member.